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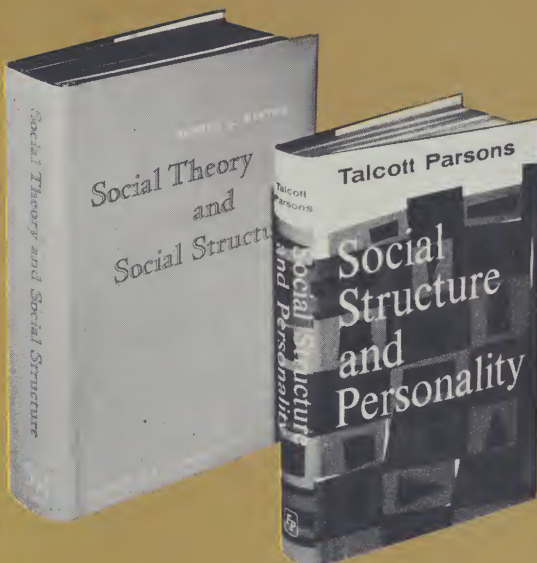


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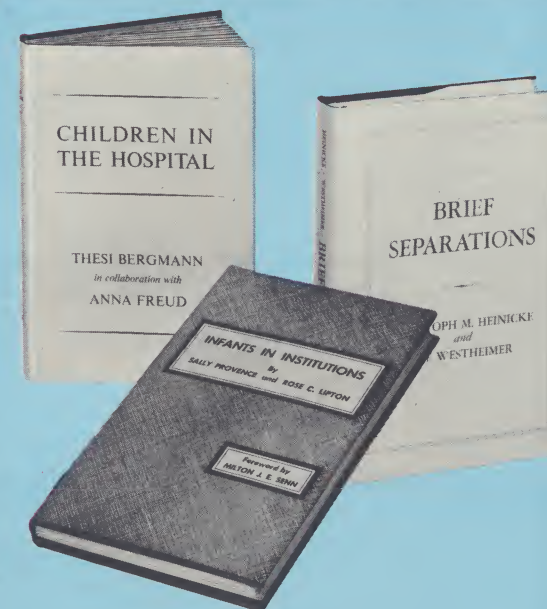
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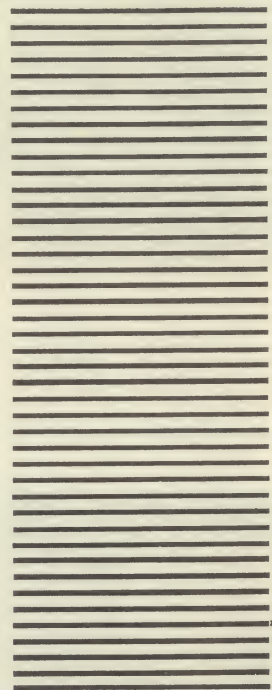
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## Partial Contents

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From the Symptom to the Personality / The Personality / From Personality to Mythology
- 2 THE FREUDIAN SCHOOL
  - A Karl Abraham
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- 3 THE NEO-FREUDIANS  
Alfred Adler (Individual Psychology) / Karen Horney / Erich Fromm. Philosophical Anthropology / Harry Stack Sullivan / Harald Schultz-Hencke / Thomas French / Sandor Radó / Abram Kardiner / Jane Pearce and Saul Newton / Ernest G. Schachtel / Therapy in the Neo-Freudian Schools (Problem of Conformity)

### TWO PHILOSOPHICALLY ORIENTED SCHOOLS OF DEPTH PSYCHOLOGY

- A C. G. Jung
- B Otto Rank
- C Personal Analysis
- D Ludwig Binswanger and Existential Analysis (Existential Philosophy)
- E Partnership and Transference  
M. Buber / M. Scheler / K. Löwith / E. Michel / P. Christian

### THREE FUNDAMENTAL PROBLEMS OF THE VARIOUS THEORIES OF DEPTH PSYCHOLOGY WITH SUGGESTIONS AS TO HOW THESE MIGHT BE RESOLVED

- A Can Freudian Psychoanalysis Lay Claim to Natural-Scientific Validity?
- B Further Problems of Freudian Psychoanalysis (Freud and his Followers)
- C The Relationship Between the Various Schools of Depth Psychology and Freud
- D Further Interpretations of Psychic Activity

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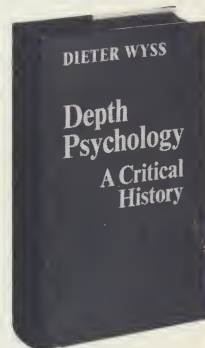
## Depth Psychology: A Critical History

by Dieter Wyss

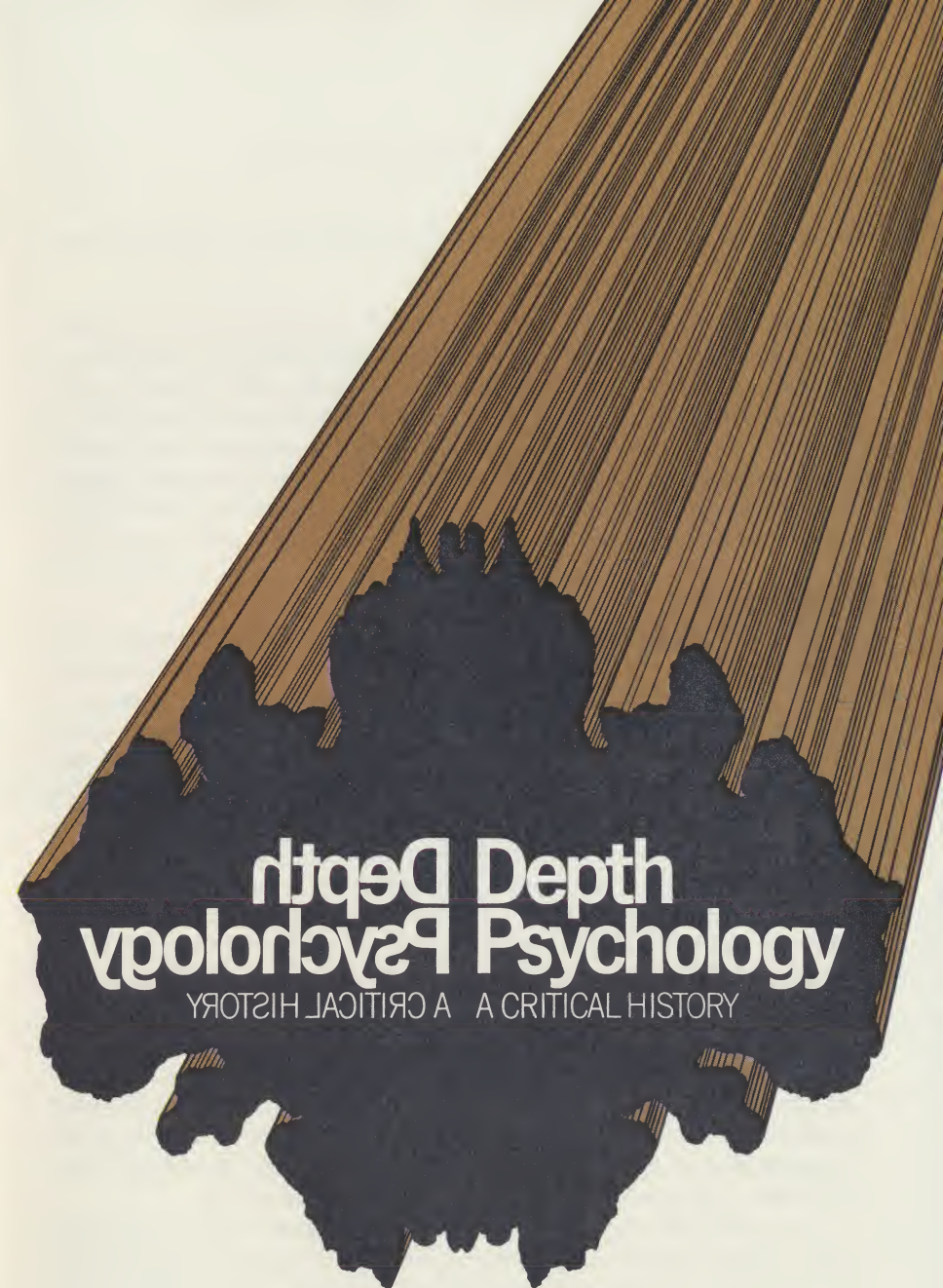
*Publisher's Price \$8.50*

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DEPTH PSYCHOLOGY: A CRITICAL HISTORY, Alternate Selection, may be ordered in addition to or instead of the Main Selection.





a review by

ERNST PRELINGER

Associate Clinical Professor of Psychology (Psychiatry)  
Yale University

**D**ieter Wyss' book, **DEPTH PSYCHOLOGY: A CRITICAL HISTORY**, translated by Gerald Onn from the original German, constitutes an ambitious attempt to describe, compare, and critically review the major "depth"-psychological "schools," theories, and formulations of the last seventy years. The author, a German psychiatrist and psychotherapist whose own orientation is primarily existential-analytic, demonstrates throughout the book his *impressive mastery of much of the relevant literature* — ranging from the writings of Freud to those of the phenomenologists and existential philosophers. But he also shows a capacity for penetrating analytical and critical thinking of his own.

This is an interesting book especially for the American reader who generally is not much accustomed to considering possible philosophical and even religious implications of neurotic suffering, of the psychotic's interpretation of the world, and of the relationship between psychotherapist and patient. It is also a difficult book especially in its philosophically oriented sections — but undertaking it brings rewards if only in providing insights into ways of thinking which seem increasingly prominent among European and especially among German psychological healers.

Two distinct purposes become apparent in both the organization and the content of **DEPTH PSYCHOLOGY**. On the one hand it is a text, on the other an exposition of the author's personal position with regard to the problems and the most fruitful orientation in the field of depth psychology.

The first two major sections review — in essentially chronological sequence and aided by long quotes — the depth-psychological theories based on the points of view of natural science and those which are oriented by primarily philosophical assumptions. There are detailed and thorough synopses of the major developments of Freud's views as well as of the contributions of his immediate followers and of the dissenting "Neo-Freudians." Expositions of Jung's and Rank's ideas follow.

Up to this point the author covers much the same topics as do some other authors of texts on dynamic psychology (especially Ruth Munroe in her classic, *Schools of Psychoanalytic Thought*). There follow, however, detailed and competent presentations of the teachings of the "personal" and the "existential" analysts and thinkers (Jaspers, Frankl, Binswanger, Buber, Scheler, von Weizsäcker, Ey, to mention only a few).

To this reviewer's knowledge there is no comparable exposition available in the English language at present.

In the third section of **DEPTH PSYCHOLOGY**, the author examines critically a variety of formulations and concepts expounded by the several theorists, and he ranges broadly from epistemological questions to problems of psychotherapeutic technique. An examination of areas of overlap as well as of divergence between the different "schools" culminates in a statement of the author's own position. He analyzes the psychotherapeutic relationship and the cure in terms of an interplay between objective perception and loving acceptance of the patient by the therapist, while both of them undergo a joint and transforming experience.

The book impressively illustrates the extreme heterogeneity of existing approaches to problems of neurotic suffering. Although the author strives earnestly to represent the different "schools" as phases in a somewhat continuous and progressive development — from essentially rough and incomplete, materialistic, physicalistic, and biologicistic formulations to philosophically sophisticated, humanistic, and sometimes theologically influenced positions — the reader may well ask whether today it still makes sense to consider all these very different formulations as parts of one field.

**T**hat the author had to choose an historical approach to summarize the problems of depth psychology rather than a systematic one is further evidence of what is, in the eyes of at least some theorists, a lack of established overall agreement as to what constitutes secured knowledge in the field of dynamic psychology.

Dr. Wyss' presentation depends heavily on the German literature and derives certain strengths and weaknesses from this fact. Thus, there is probably no better presentation than in this volume of the thoughts of Binswanger, Weizsäcker, or Frankl, or of the "New Viennese School." On the other hand, despite the author's painstaking review of Freud's concepts, there is little exposition of the work of the American ego-psychologists. American existential analysts, such as Rollo May, are not mentioned and no reference is made to recent attempts by some writers to relate the ideas of Zen Buddhism to psychiatric thinking. Certain omissions and unevennesses of emphasis, however, will have to be excused in a book of such scope and thoroughness in many areas.

**DEPTH PSYCHOLOGY: A CRITICAL HISTORY** thus makes informative and absorbing, albeit sometimes difficult, reading. Although its scholarly usefulness is somewhat limited by the lack of a bibliography, an insufficient index, and some proofreader errors in references and footnotes, it is the best guide that I know to the philosophically oriented theories of depth psychology.



## Contents

### PART ONE: BASIC PRINCIPLES

- I The Roles of Brief and Emergency Psychotherapy
- II Theory and Practice of Brief Psychotherapy
- III Basic Procedures
- IV Adjuncts to Brief Psychotherapy

### PART TWO: SOME CLINICAL SYNDROMES

- V Depression
- VI Panic — Endogenous and Exogenous
- VII Depersonalization
- VIII Incipient and Acute Psychotic States
- IX Acting-Out
- X Severe Somatic Conditions

### Appendices

- A A Multiple Level Study of Brief Psychotherapy in a Trouble Shooting Clinic
- B Treatment in Five Sessions of a Depressed Woman with Suicidal Impulses

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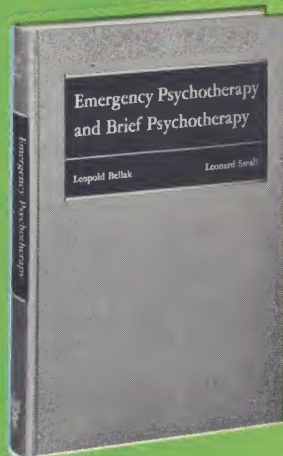
## Emergency Psychotherapy and Brief Psychotherapy

by Leopold Bellak and Leonard Small

Publisher's Price \$9.75

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EMERGENCY PSYCHOTHERAPY AND BRIEF PSYCHOTHERAPY, Alternate Selection,  
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In November of 1958, in response to the limited time available for psychiatric consultation and treatment, the Psychiatric Department of City Hospital at Elmhurst, New York City, initiated the Trouble Shooting Clinic. The Clinic, planned as a "twenty-four-hour mental first-aid station," became the setting for the practice and study of emergency and other brief psychotherapies, and by necessity fostered the full development of these techniques.

*EMERGENCY PSYCHOTHERAPY AND BRIEF PSYCHOTHERAPY* reviews these techniques and provides an excellent and extremely lucid statement of procedures and approaches developed at the Clinic. Concentrating on practical, clinically tested methods of very short-term therapeutic intervention, this new book details the specifics of brief psychotherapy: the principles, the underlying theory, and the applications. This is a field that has relatively little literature, and certainly nothing to compare with the easily understood comprehensiveness of the present volume.

The authors are leading professionals in the field. Leopold Bellak, who established the Elmhurst Trouble Shooting Clinic when he was Director of Psychiatry at City Hospital, is now Clinical Professor of Psychiatry at the New York School of Psychiatry, and Visiting Clinical Professor of Psychiatry in New York University's Postdoctoral Training Program in Psychotherapy. Leonard Small, who had been a supervising therapist at City Hospital, is now Consulting Psychologist with Altro Health and Rehabilitation Services.

Drawing on their research with more than 1400 patients, the authors offer a program of well-conceptualized brief intervention that has proven effective in producing lasting results—for a considerable range of emotional disturbances, including many which would be classified as severe.

The first part of *EMERGENCY PSYCHOTHERAPY AND BRIEF PSYCHOTHERAPY* is devoted to basic principles. The authors view brief psychotherapy as limited to the short range of one to six therapeutic sessions of customary duration (45-50 minutes). They point out that within this time limitation the therapist must be acutely alert to every meaningful communication with his patient and must almost immediately decide upon the most fruitful intervention, balancing his therapeutic approach against his assessment of the patient's ego strengths and real-life circumstances and conditions. They define emergency psychotherapy as brief psychotherapy applied in special situations of crisis and exigency.

Although rooted in orthodox psychoanalytic theory—paying particular attention to the fundamental concepts of psychic determin-

ism, continuity of personality and unconsciousness, and homeostasis—the authors' approach to brief psychotherapy requires more of a symptom-directed orientation. No attempt is made to reconstitute the personality; rather, the therapist "seeks to improve the individual psychodynamic situation sufficiently to permit the person to continue functioning, to allow 'nature' to continue the healing process, and where indicated, to increase the self-supporting ability of the individual sufficiently so that he may be enabled to continue with more extensive psychotherapy."

Basic processes of dynamic psychotherapy are stressed. Drs. Bellak and Small examine the roles of communication, insight, working-through, and accurate assessment of the patient's ego. Transference is considered an essential part of the therapeutic situation, time limitations notwithstanding, and its meaning is extended to comprise the totality of the patient's relationship to the therapist.

A major chapter on *Basic Procedures* covers the actual steps in the process of brief psychotherapy. Asserting that the wide range of individual differences makes hazardous the schematic ordering of any human interaction, the authors nevertheless examine the established sequence of events in psychotherapy. The major steps are viewed as proceeding from establishing "relation cues" and identifying the patient's problem to taking a history; establishing the relations between symptom and history; selection and application of interventions; working-through; and finally to the ending phase of treatment. The closing chapter of Part One discusses adjuncts to brief psychotherapy: drugs, electroconvulsive therapy, and environmental intervention.

Part Two of *EMERGENCY PSYCHOTHERAPY AND BRIEF PSYCHOTHERAPY* examines practical applications. Clinical features, psychodynamic considerations, and specific therapeutic techniques are elucidated for a variety of syndromes, including depression (with attention to the special problem of suicide), panic states, depersonalization, incipient and acute psychotic states, acting-out, and severe somatic conditions.

Useful appendices include a highly illuminating verbatim record of the brief psychotherapy (five sessions) of a severely depressed woman with suicidal impulses.

*EMERGENCY PSYCHOTHERAPY AND BRIEF PSYCHOTHERAPY* is an invaluable contribution to a field that is rapidly growing in importance. Drs. Bellak and Small have produced a splendid work that is at once sound, comprehensive, and decidedly to the point.



## Contents

**PART I** Conceptual Approaches in the Consideration of Internal and External Awareness

*Philosophy and Theory / Biological and Historical Perspectives / Clinical Concepts*

**PART II** Various General and Theoretical Approaches Involving Concepts of the Noncognitive Area of Internal Perception

*Orientation / The Immediate-Awareness Approaches / Nondefinitive Approaches / Inferential-Construct Approaches / Maturational and Development Approaches / Clinical Approaches*

**PART III** Physiological Changes Associated with General Noncognitive Internal Perception

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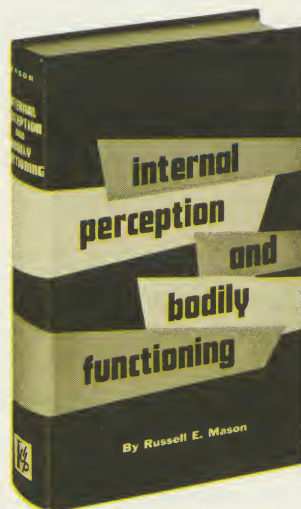
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**PART V** Differentiation of Noncognitive Psychological States by Means of Physiological Reactions and Internal Sensations

*Considerations in the Differentiation of Psychological States / Types of Noncognitive Psychological States / Differential Perception of Sensations for Different Psychological States / Conclusions and Implications*

*"This book is a valuable reference for students preparing to do experimental research on personality functions; also for the neurophysiologist and pioneers in the field of psychosomatics."*

—Benjamin Kotkov in **PSYCHOSOMATICS**



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## **Internal Perception and Bodily Functioning**



INTERNAL PERCEPTION AND BODILY FUNCTIONING, which first appeared in 1961, explores an area of experience and functioning which is of major concern to modern psychology. The Editors of Behavioral Science Book Service believe its wealth of material on internal states and psychosomatic correlates will be of inestimable value to many members. Reprinted below is a review of the book that appeared soon after its publication.

a review by

PAUL THOMAS YOUNG

Professor of Psychology, Emeritus (Retired)  
University of Illinois

The aim of INTERNAL PERCEPTION AND BODILY FUNCTIONING is to collect and present pertinent material published in the fields of psychology, medicine, and related areas, that relates to inner awareness and its role in bodily functioning and behavior.

*Dr. Mason believes that criteria can be found for identifying and distinguishing specific psychological states underlying bodily and mental disorders.* A practical problem, however, is to bridge the gap between measurable physiological reactions and conscious feelings and emotions.

The approach to this central problem is dualistic. On the one hand, Mason makes a comprehensive survey of projective data in medicine, physiology, psychology, and related areas, to discover what he can about bodily functioning. On the other hand, he turns directly to subjective reports of patients and subjects insofar as they relate to organic feelings, emotions, sensations, and motivations. But the main emphasis throughout the book is on "the conscious approach."

Personalities can be classified in terms of the direction of awareness, Mason believes, because an individual possesses a limited scope and quantum of awareness at a given time. This awareness may be directed in relative degrees toward perception of the external world, towards ideational (cognitive) experience or toward internal feelings and sensations.

In considering inner awareness, Mason rejects the traditional affective dimension of experience and holds to sensory content and cognitive (meaningful) experience. Thus a "feeling" may be: (1) a

sensory pattern, or (2) an experienced reaction tendency, or (3) a cognitive experience based upon a sensory pattern or reactive process. Reports of pleasantness and unpleasantness are regarded as cognitive, as in Carr's judgmental theory of affectivity.

A valuable feature of INTERNAL PERCEPTION AND BODILY FUNCTIONING is Mason's survey of medical and related literature to discover what internal experiences are reported by patients. Various types of pain, experiences of tightness, tingling, sickness, cramp, fullness, "hollow" and "sinking" feelings, cold, warmth, tension, etc., are reported. Experiences from visceral structures are referred to external body areas.

This book should be classified as a psychological and physiological treatise on feelings and emotions. It contains material on such conventional topics as: emotional development in infants, based on the well-known works of Watson, Bridges, Gesell, Spitz, *et al.*; theories of James and Cannon with constructive criticisms of Kling, Gellhorn, Arnold, *et al.*; neurophysiology of emotion; clinical findings relating to the EEG; endocrine functions; and other topics in this field. The book has been written as a textbook and also as a work for general reference. It contains an extensive bibliography.

INTERNAL PERCEPTION AND BODILY FUNCTIONING should be useful as a review of a large literature relating to feeling and emotion. The work, however, is almost too broad and comprehensive since it aims to coalesce psychological, physiological, medical, and related bodies of knowledge. It delves into psychosomatic medicine, psychiatry, psychoanalysis, clinical psychology, and related disciplines. And it recognizes philosophical, biological, historical, and clinical approaches.

In general, INTERNAL PERCEPTION AND BODILY FUNCTIONING is a valiant attempt to demonstrate the clinical and practical importance of inner awareness in relation to bodily functioning. Psychologists who hold to a strict physicalism will fail to appreciate the heavy emphasis upon subjective experience. Mason's approach is one of common sense combined with a serious and competent attempt to synthesize a large, complex and varied content.

—excerpted from CONTEMPORARY PSYCHOLOGY